

Healthy Eating & Physical Activity

FACTS:

- Healthy eating patterns in childhood and adolescence promote optimal childhood health, growth, and intellectual development; prevent immediate health problems, such as iron deficiency anemia, obesity, eating disorders, and dental caries; and may prevent long-term health problems, such as coronary heart disease, cancer, and stroke.
- Regular physical activity is one of the most powerful preventive health behaviors. Research shows that people who are physically active are less likely to develop cardiovascular disease, diabetes, colon cancer, osteoporosis and obesity.
- Nutritional or dietary factors contribute substantially to the burden of preventable illnesses and deaths. These health conditions are estimated to cost society over \$200 billion each year in medical costs and lost productivity.
- About three-quarters of Michigan adults and 79% of students surveyed report eating less than the recommended five servings of fruits and vegetables a day.
- In 2001, 13% of Michigan's high school students were at risk for becoming overweight.

Back to School Month

RESOURCES:

Michigan Steps Up

www.michiganstepsup.org

Centers for Disease Control and Prevention *Physical Activity for Everyone: Introduction*

<http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>

Centers for Disease Control and Prevention *Nutrition Topics*

<http://www.cdc.gov/nccdphp/dnpa/nutrition/index.htm>

Centers for Disease Control and Prevention *Healthy Schools Healthy Youth!*

<http://www.cdc.gov/HealthyYouth/index.htm>

United States Department of Agriculture *MyPyramid.gov*

www.MyPyramid.gov



WHAT YOU SHOULD KNOW:

Getting the Most Nutrition out of Your Calories

There is an appropriate number of calories for you to eat each day. This number depends on your age, activity level, and whether you are trying to gain, maintain, or lose weight. You could use up the entire amount on a few high-calorie foods, but chances are, you won't get the full range of vitamins and nutrients your body needs to be healthy.

Choose the most nutritionally rich foods you can from each food group each day – those packed with vitamins, minerals, fiber, and other nutrients, but lower in calories. Pick foods like fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products more often.

According to the Centers for Disease Control and Prevention, regular physical activity substantially reduces the risk of dying of coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications.